

Services at Havenwood Available to All Residents

Bus Transportation:

- Doctors Trips
- Shopping
- Outings

Spiritual:

- Chapel/Worship

Exercise:

- Live 2B Healthy

Social:

- Bingo
- Game Nights
- Bus Outings
- Socials
- Movie Nights

Groups:

- Concerto Chats
- Book Club

In House:

- Dining Center
- Bistro
- Beauty Salon
- Weight Room
- Chapel/Theatre Room
- Store
- Library

August Birthdays

Moira R. 08/07
 Bonnie B. 08/13
 Janice S. 08/20
 Jan S. 08/20
 Virginia D. 08/27
 Betty S. 08/31

Summer Word Search

See if you can find the hidden words associated with Summer.

A G C E E D Z L I G H T N I N G U
 K W L S H F M K H E J L S F L C Z
 C E X O O K E G U F E Q B P Z B P
 D G F S T Y I C N M T T A E H X O
 A Y I R F I E H O I E S E H C S O
 J H C M A B O N O Q M D U S Q E L
 I C P O R M A N U T A M U G V S O
 S A R A W D Q O C H D N I A U S K
 U E B R E G D M S A B O C W O A U
 M B P L C E A Z S U K A G D S L A
 M F D K D E D U R R T U M S G G K
 E I N Y R B N N E I R C D B E N V
 R C P C L T E D O D L I L V N U L
 I F E Q A U N N A E N N X U U S H
 T C S N E U J A F U P C U S J A S
 I J M X H H V D F U N I G U U B O
 V Q P T I S M R O T S P H Z M M A

AUGUST
 BARBECUE
 BEACH
 FUN
 HEAT
 HOTDOGS
 ICECREAM
 JULY
 JUNE
 LEMONADE
 LIGHTNING
 LOTION
 PICNIC
 POOL
 SHADE
 STORMS
 SUMMER
 SUNBURN
 SUNGLASSES
 SUNTAN
 SWIMMING
 THUNDER
 VACATION

Havenwood Herald

August 2019



Havenwood of Richfield
August 2019 Newsletter

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Dining Information

Breakfast Hours: 7:30am-9:00am
Lunch Hours: 11:00am-1:00pm
Dinner Hours: 4:00pm-5:30pm
Bistro Hours: 8:00am-5:30pm

Important Numbers

Front Desk: 612-286-8762
Kitchen: 612-286-8723
Maintenance Emergency (After Hours): 612-246-6599
Salon: 319-330-9756

Chaplain's Corner

Sibling Rivalry Lessons

It's wonderful to have siblings—there were 7 in our family. Mostly we tried to get along. But one event stands out relating to my next younger brother and me when we were children.

If not for my brother telling the story, it could have been buried in memory! It relates to a scar on the side of my forehead. But alas here are the details: Apparently, I, being the OLDER, wouldn't get off the swing and my brother thought it was long past time for him to swing. So, he got a stick and prodded me to get off the swing. Unfortunately, the stick connected with my forehead and cut it, and it bled! That frightened my brother and, of course, my mother. Fortunately, a trip to E.R. and 3 stitches took care of it!

It seems we learned our lesson to get along, for there were no further incidents (at least none we will admit)!

Scripture relates many incidents of sibling rivalry. One of my favorite accounts relates to two sisters. Often one sibling will complain about another because they did not do their chores. And that happened with Martha and Mary (*this was not the Virgin Mary*). The sisters had extended hospitality to Jesus and his disciples to come to their home for a meal (Luke 10). The problem was one sister had to do all the work of preparing the meal, and that caused her much stress. The other sister just sat and listened to their guest. Needless to say, Martha was very upset with Mary. She even complained to Jesus to say something to Mary. Instead, Jesus commended Mary. You would think Jesus would commend the worker Martha, but instead He commended the learner Mary.

Jesus was not speaking against extending hospitality. No, he used the occasion to teach life lessons.

1. Don't allow distractions to keep you away from your guest of honor.
2. In a culture of male disciples, Jesus valued female disciples/learners.
3. Learners place themselves in a position of listening to the Lord. And Jesus values that. There are times we can take a break from **doing** everything; instead we can just **be**—meditate and listen and learn.

How many stories of sibling rivalry can you remember from Scripture? Perhaps you have your own sibling story to tell, and the resulting lessons!

Written by Chaplain Sherree Lane



Havenwood Happenings

Havenwood Summer Bash

The Havenwood Summer Bash is our own spin on National Night Out, a fun neighborhood tradition! There will be local vendors and members of our police and fire departments around. This event will also feature a \$3 summer meal deal (hotdogs, chips & baked beans) a chance to win awesome door prizes, live entertainment and much more! This event is open to the Richfield community; Tuesday, August 6th from 11:30am-1:30pm.



Hearing Aid Cleanings

Our audiologist friend, Dr. Rachel Marston will be back to do hearing aid cleanings! She was here last month to do a presentation on the myths, tips and tricks of hearing loss and hearing aids. Cleanings will be \$10. Dr. Marston will be here in August.



Living Well with Chronic Conditions Class

Living Well with Chronic Conditions is a 6-week; 2 hours a week class that helps participants: find practical ways to deal with pain and fatigue, learn better nutrition and exercise choices and learn better ways to talk to doctors and families about treatment choices. What is a chronic condition; A human health condition or disease that is persistent or otherwise long-lasting in its effects or a disease that comes with time. These classes will begin the first Friday of August. Signups are available right now, in the lobby!



Did You Know?

- 🐝 August has 31 days because Augustus wanted as many days as Julius Caesar's month of July had. They took that extra day from February.
- 🐝 An estimated F5 tornado hit Rochester, MN on August 21st, 1883. The tornado was one of a series that hit Minnesota on that day, leaving 37 dead and several hundred injured. It brought about the creation of the Mayo Clinic.
- 🐝 On August 3rd, 1852 Harvard University won the first Boat Race against Yale University. The race was the first American intercollegiate athletic event.

Activities Highlights & Information

Thursday, August 1st – Allina Health Presentation: Allina Health will be back to do a presentation for all residents on Hospice 101: History & Philosophy.

Friday, August 2nd, 9th, 16th, 23rd & 30th – Living Well with Chronic Conditions Class: Every Friday, LWCC will meet in the Chapel room. Pre-registration is required, signups are in the lobby. You do not currently need to have a Chronic Condition to participate in the class!

Tuesday, August 6th- Havenwood Summer Bash! Our own spin on National Noon Out! More details to come in August!

Thursday, August 8th - Music Performance: The High Waters Band is here for the first time to perform!

Monday, August 12th & 26th – Men’s & Women’s Group: Join other men or women in the community for good company and conversation. Men’s Group will meet in the Craft Room (2nd Floor); Women’s Group will meet in the Chapel Room (2nd Floor).

Tuesday, August 16th – Lunch Outing: A Lunch outing to The Cheesecake Factory, signups are in the lobby!

Wednesday, August 14th & 28th – Blood Pressure Checks: Allina is here in the Private Dining Room for free blood pressure checks from 9am-10am!

Wednesday, August 14th – CenturyLink Presentation: Our representative for Havenwood will be here with a presentation about all CenturyLink has to offer.

Thursday, August 15th- Special Bus Outing: A bus outing will be going to the Centennial Lakes Farmers Market at 3:30pm (Weather Permitting).

Monday, August 19th – Coffee & Donut Social: A special morning social for all to come enjoy some pastries and good company!

Tuesday, August 20th- Summer Craft: Voting by the bus signups in the lobby for what the craft for this day will be out in the Lobby starting August 1st.

Wednesday, August 21st – National Senior Citizens Day: is August 21st. We will be throwing a special celebration for all residents!

Tuesday, August 27th – Mystic Lake Casino Outing: A special outing to the casino in Prior Lake. Bus will leave here at 10am and leave the casino around 1pm!

Wednesday, August 28th- Music Performance: Lisa Murphy the Singing Cowgirl is back for a fun-filled music performance!

Thursday, August 29th Book Club: This meeting is for those who are currently part of book club, there will be a sign-up sheet for anyone that would like to join in the meeting as well!

Tidbits & Reminders

🐝 Doctor’s Trips: Doctor’s Trips occur every Wednesday from 9am-3pm. Anywhere within a 5-mile radius (eye doctors, dental, doctor appts. etc.) If you have any questions, please see Ashley!

- When signing up for Doctor’s Trips, please remember to put the address and appointment time down on the sign-up sheet.
- Appointment times can be 8:30am-2:30pm.
- The trips are free, and part of Havenwood!

🐝 Thermostats: Please switch your thermostats over from heat to cool for the summer!

🐝 I’m Ok Checks: If you are part of the “I’m Ok” checks, please only flip your card **once a day, in the morning!** Our resident volunteers flip them to “Checked” each morning. Please do not flip your card the day before, for the next morning.

August Recipe Spotlight: Tater Tot Hotdish

DIRECTIONS

Step 1. Preheat oven to 350 degrees F (175 degrees C).

Step 2. In a large skillet cook ground beef with onion, salt and pepper; drain and spread into the bottom of a 9x13 inch baking dish. Add tater tots; mix cream of mushroom and cream of celery soup together and pour mixture over dish. Top with onion rings, if using.

Step 3. Bake in preheated oven for 1 hour.



INGREDIENTS

- 🐝 1 1/2 pounds lean ground beef
- 🐝 1 onion, chopped
- 🐝 3/4 teaspoon salt
- 🐝 1 pinch ground black pepper
- 🐝 1 (32 oz) package tater tots, thawed
- 🐝 1 (10.75 ounce) can condensed cream of mushroom soup
- 🐝 1 (10.75 ounce) can condensed cream of celery soup
- 🐝 1 (6 oz) can French-fried onion rings

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2019

Independent & Assisted Living

				<p>10:30am Lunds & Byerlys & Aldi's 1</p> <p>1:00pm Allina Health: Hospice 101: History & Philosophy Chapel</p>	<p>10am Living Well with Chronic Conditions Class (Pre-Registration Required) Chapel 2</p> <p>1:00pm Live 2B Healthy Chapel</p> <p>6:30pm Game Night Craft Room</p>	<p>10:30am Coffee & Community Lobby/Front Patio 3</p> <p>2:00pm Nickels Craft Room</p> <p>6:30pm Movie Night Theatre Room</p>
<p>A ham sandwich walks into a bar and orders a drink, ...</p> <p>Bartender says, "We don't serve food here!"</p> <p>1:10pm Twins vs. Royals</p>	<p>1:00pm Live 2B Healthy Chapel 4</p> <p>3:00pm Bingo Craft Room</p>	<p>11:30am-1:30pm Havenwood Summer Bash 5</p> <p>2:30pm Chapel & Worship Chapel</p>	<p>9am-3pm Doctors Trips 6</p> <p>1:00pm Live 2B Healthy Chapel</p> <p>3-4pm Hearing Aid Cleanings Craft Room</p>	<p>10:30am Target & Cub 7</p> <p>1:00pm High Water Band Performance Chapel</p>	<p>10am Living Well with Chronic Conditions Class (Pre-Registration Required) Chapel 8</p> <p>1:00pm Live 2B Healthy Chapel</p> <p>6:30pm Game Night Craft Room</p>	<p>10:30am Coffee & Community Lobby/Front Patio 9</p> <p>2:00pm Cribbage Craft Room</p> <p>6:30pm Movie Night Theatre Room</p>
<p>Where can you buy chicken broth in bulk? ...</p> <p>The stock market!</p> <p>1:10pm Twins vs. Indians</p>	<p>10:30am Men's (Craft Rm) & Women's (Chapel) Groups 11</p> <p>1:00pm Live 2B Healthy Chapel</p> <p>3:00pm Bingo Craft Room</p>	<p>11:00am Cheesecake Factory Outing 12</p> <p>2:30pm Coffee Club Dining Room</p> <p>No Chapel or Concerto Chats</p>	<p>9am-3pm Doctors Trips 13</p> <p>9am-10am Blood Pressure Checks Private Dining Room</p> <p>1:00pm Live 2B Healthy Chapel</p> <p>2:00pm CenturyLink Presentation Chapel</p>	<p>10:30am Lunds & Byerlys & Aldi's 14</p> <p>3:30pm Famers Market Outing- Centennial Lakes</p>	<p>10am Living Well with Chronic Conditions Class (Pre-Registration Required) Chapel 15</p> <p>1:00pm Live 2B Healthy Chapel</p> <p>6:30pm Game Night Craft Room</p>	<p>10:30am Coffee & Community Lobby/Front Patio 16</p> <p>2:00pm Mexican Train/Dominoes Craft Room</p> <p>6:30pm Movie Night Theatre Room</p>
<p>Why do bees have sticky hair? ...</p> <p>Because they use honeycombs!</p> <p>2:05pm Twins vs. Rangers</p>	<p>10:00am Coffee & Donut Social Chapel 18</p> <p>1:00pm Live 2B Healthy Chapel</p> <p>3:00pm Bingo Craft Room</p>	<p>11:00am Summer Craft Craft Room 19</p> <p>2:00pm Chapel & Worship Chapel</p> <p>3:30pm Concerto Chats Dining Room</p>	<p>9am-3pm Doctors Trips 20</p> <p>1:00pm Live 2B Healthy Workout Room</p> <p>2:00pm National Senior Citizens Day Celebration Dining Room</p>	<p>10:30am Target & Cub 21</p> <p>2:00pm Monthly Birthday Party Dining Room</p>	<p>10am Living Well with Chronic Conditions Class (Pre-Registration Required) Chapel 22</p> <p>1:00pm Live 2B Healthy Chapel</p> <p>6:30pm Game Night Craft Room</p>	<p>10:30am Coffee & Community Lobby/Front Patio 23</p> <p>2:00pm Rummy/Canasta Craft Room</p> <p>6:30pm Movie Night Theatre Room</p>
<p>What did one wall say the other wall? ...</p> <p>"I'll meet you at the corner!"</p> <p>1:15pm Twins vs. Tigers</p>	<p>10:30am Men's (Craft Rm) & Women's (Chapel) Groups 25</p> <p>1:00pm Live 2B Healthy Chapel</p> <p>3:00pm Bingo Craft Room</p>	<p>10:00am-1:00pm Mystic Lake Casino Outing 26</p> <p>2:00pm Chapel & Worship Chapel</p> <p>3:30pm Concerto Chats Dining Room</p>	<p>9am-3pm Doctors Trips 27</p> <p>9am-10am Blood Pressure Checks Private Dining Room</p> <p>1:00pm Live 2B Healthy Workout Room</p> <p>2:00pm Lisa Murphy Music Performance Chapel</p>	<p>10:30am Lunds & Byerlys & Aldi's 28</p> <p>2:00pm Book Club Meeting Craft Room</p> <p>3:30pm Resident Meeting Chapel</p>	<p>10am Living Well with Chronic Conditions Class (Pre-Registration Required) Chapel 29</p> <p>1:00pm Live 2B Healthy Chapel</p> <p>6:30pm Game Night Craft Room</p>	<p>10:30am Coffee & Community Lobby/Front Patio 30</p> <p>2:00pm Nickels Craft Room</p> <p>6:30pm Movie Night Theatre Room</p>

Calendar items are subject to change.